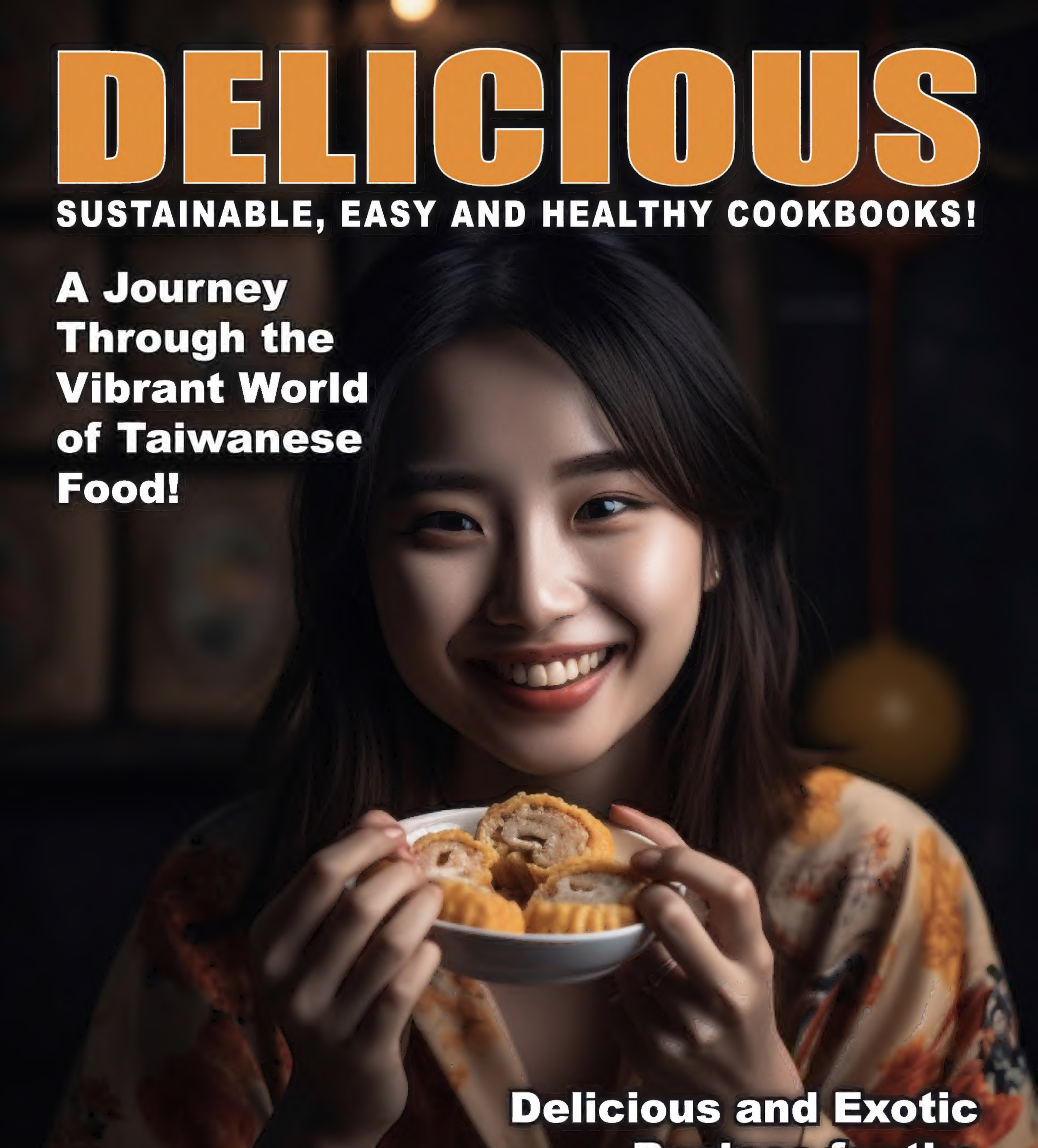
DELICIOUS

SUSTAINABLE, EASY AND HEALTHY COOKBOOKS!

A Journey Through the Vibrant World of Taiwanese Food!



Delicious and Exotic Recipes for the Home Cook!

TAIWAN

DELICIOUS
Taiwan

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Introduction

Welcome to the enchanting world of Taiwanese cuisine! Nestled in the heart of East Asia, Taiwan is a culinary paradise that offers a tantalizing array of flavours, aromas, and textures.

Its vibrant food culture draws inspiration from Chinese, Japanese, and indigenous Taiwanese traditions, resulting in a unique and diverse gastronomic landscape.

In this cookbook, "Taste of Taiwan," we embark on a culinary journey to uncover the secrets of this captivating island's most cherished dishes. Prepare to tantalize your taste buds with an assortment of exquisite flavours that range from mouth-watering street snacks to comforting home-cooked meals.

Taiwan's culinary heritage is deeply rooted in its history and its people's relentless passion for good food. It is a land where bustling night markets fill the air with enticing aromas, where humble food stalls serve up culinary delights, and where generations-old recipes are lovingly passed down from one kitchen to another. our cookbook offers a comprehensive collection of 25 unique and different dishes that will transport you to the bustling streets and bustling kitchens of Taiwan.

All recipes are for 4 persons!

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Beef Noodle Soup

Beef Noodle Soup is a beloved and iconic dish that has gained worldwide recognition for its rich flavours and comforting qualities. It is considered a staple in Taiwanese cuisine and holds a special place in the hearts of locals and visitors alike. This hearty and satisfying soup consists of tender beef, chewy noodles, flavourful broth, and a variety of aromatic spices and toppings. The origins of Beef Noodle Soup can be traced back to the culinary traditions of mainland China. After the Chinese Civil War in the late 1940s, many Chinese nationalists fled to Taiwan, bringing with them their regional cuisines. Over time, Taiwanese chefs adapted and evolved these culinary influences, resulting in the creation of unique Taiwanese dishes such as Beef Noodle Soup. Beef Noodle Soup has become a culinary symbol of Taiwan, showcasing the country's passion for delicious food and its unique blend of cultural influences.

Ingredients:

- 1 pound beef brisket or beef shank, thinly sliced
- 4 cups beef broth
- 4 cups water
- 4 garlic cloves, minced
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 2 tablespoons dark soy sauce
- 1 tablespoon sugar
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 1 tablespoon chili bean paste (optional)
- 1-inch piece of ginger, sliced
- 2-star anise
- 2 cinnamon sticks
- 4 bundles of dried wheat noodles
- Salt and pepper to taste

Toppings (optional): chopped scallions, fresh cilantro, bean sprouts, bok choy, chili oil

Instructions:

1. Heat vegetable oil in a large pot over medium heat. Add minced garlic and ginger slices, and sauté until fragrant.
2. Add beef slices to the pot and cook until they start to brown.
3. Pour in beef broth and water, and bring the mixture to a boil.
4. Add soy sauce, dark soy sauce, sugar, sesame oil, rice vinegar, chili bean paste (if using), star anise, and cinnamon sticks to the pot. Stir well to combine.
5. Reduce the heat to low and let the soup simmer for about 1.5 to 2 hours, or until the beef is tender and flavourful. Skim off any impurities or excess oil that rise to the surface.
6. While the soup is simmering, cook the dried wheat noodles according to the package instructions. Drain and set aside.
7. Once the beef is tender, season the soup with salt and pepper to taste.
8. To serve, divide the cooked noodles among four bowls. Ladle the hot soup over the noodles, making sure each bowl has an equal amount of beef and broth.
9. Garnish with chopped scallions, fresh cilantro, bean sprouts, bok choy, and a drizzle of chili oil, if desired.

Braised Pork Rice

Braised Pork Rice, also known as Lu Rou Fan, is a classic and beloved dish in Taiwanese cuisine. It is a comforting and flavourful combination of tender braised pork belly served over steamed rice. This humble yet satisfying dish has a long-standing history in Taiwan and is enjoyed by locals and visitors alike.
The origins of Braised Pork Rice can be traced back to the traditional Chinese technique of slow-cooking meats in a flavourful soy-based braising sauce. This method was brought to Taiwan by Chinese immigrants and has since evolved into a distinct Taiwanese culinary specialty. Braised Pork Rice is widely available in Taiwan, ranging from small street food stalls to casual eateries and even upscale restaurants. It is a popular lunchtime meal for many locals and is often served as a comforting home-cooked dish. The appeal of Taiwanese Braised Pork Rice lies in its simplicity, affordability, and heart-warming qualities.

Ingredients:

- 1 pound pork belly, cut into bite-sized pieces
- 1/4 cup soy sauce
- 1/4 cup dark soy sauce
- 1/4 cup rice wine
- 2 tablespoons sugar
- 4 cloves garlic, minced
- 1-inch piece of ginger, sliced
- 2 tablespoons vegetable oil
- 4 cups steamed white rice
- Sliced scallions, for garnish
- Steamed bok choy or your preferred green vegetable, for serving

Instructions:

1. In a bowl, combine the soy sauce, dark soy sauce, rice wine, and sugar. Stir until the sugar has dissolved.
2. Heat vegetable oil in a large pan or wok over medium heat. Add minced garlic and ginger slices, and sauté until fragrant.
3. Add the pork belly to the pan and cook until it starts to brown on all sides.
4. Pour the soy sauce mixture over the pork belly, making sure it is evenly coated. Stir well to combine.
5. Reduce the heat to low and let the pork simmer in the sauce for about 30-40 minutes, or until the meat becomes tender and the sauce thickens. Stir occasionally to prevent sticking.
6. While the pork is simmering, prepare steamed white rice and steamed bok choy or your preferred green vegetable.
7. Once the pork is tender and the sauce has thickened, remove it from the heat.
8. To serve, divide the steamed white rice among four bowls. Top each bowl with a generous portion of the braised pork and spoon some of the sauce over the rice.
9. Garnish with sliced scallions.

Fish Curry

Fish Curry is a delectable fusion dish that combines the aromatic spices of Indian curry with the fresh seafood found in Taiwanese cuisine. This flavourful and rich dish features tender fish pieces cooked in a fragrant curry sauce, creating a harmonious blend of flavours and textures. Fish Curry is traditionally served with steamed rice, which helps to absorb the delicious curry sauce. It may also be accompanied by other side dishes such as pickled vegetables or a refreshing salad to balance the richness of the curry. This fusion dish showcases the multicultural influences present in Taiwanese cuisine, combining the bold and aromatic flavours of Indian curry with Taiwanese culinary sensibilities.

Ingredients:

- 1 pound white fish fillets (such as cod or tilapia), cut into chunks
- 2 tablespoons vegetable oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 2 tablespoons curry powder
- 1 can (13.5 oz) coconut milk
- 1 cup chicken or vegetable broth
- 1 tablespoon fish sauce
- 1 tablespoon sugar
- 1 red bell pepper, sliced
- 1 cup snap peas or green beans
- Salt and pepper to taste
- Fresh cilantro, for garnish (optional)

Instructions:

1. In a large pan or wok, heat the vegetable oil over medium heat.
2. Add the sliced onion and minced garlic to the pan and sauté until softened and fragrant.
3. Stir in the curry powder and cook for about a minute to release its flavours.
4. Pour in the coconut milk and chicken or vegetable broth. Stir well to combine.
5. Add the fish sauce and sugar, and stir until the sugar is dissolved.
6. Add the fish chunks to the curry sauce and simmer gently for about 5 minutes, or until the fish is cooked through and flakes easily.
7. Stir in the sliced red bell pepper and snap peas or green beans. Cook for an additional 3-4 minutes, or until the vegetables are tender-crisp.
8. Taste the curry and adjust the seasoning, adding salt and pepper to taste.

Spicy Crab with Noodles

Spicy Crab with Noodles, also known as "Xie La Mian," is a flavourful and indulgent dish that showcases the love for seafood and spicy flavours in Taiwanese cuisine. This dish combines the natural sweetness of crab meat with the heat of spicy chili peppers, creating a tantalizing and satisfying culinary experience. Spicy Crab with Noodles is often garnished with fresh herbs, such as cilantro or green onions, to add freshness and colour. The combination of the spicy crab meat, the tender noodles, and the aromatic flavours create a delightful medley of tastes and textures. This dish is commonly found in seafood restaurants and night markets throughout Taiwan, where locals and visitors can savour its rich and spicy flavours. It is a popular choice for those who enjoy the bold and fiery side of Taiwanese cuisine and the indulgence of fresh seafood. Spicy Crab with Noodles is a culinary delight that showcases the creativity and passion for seafood in Taiwanese cuisine. It offers a memorable dining experience for seafood enthusiasts and spicy food lovers alike.

Ingredients:

- 2 live crabs (about 2 pounds each), cleaned and cut into pieces
- 8 ounces dried rice noodles
- 2 tablespoons vegetable oil
- 4 cloves garlic, minced
- 2-inch piece of ginger, sliced
- 2 red chilies, sliced
- 2 tablespoons doubanjiang (spicy bean paste)
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sugar
- 1 cup chicken or seafood broth
- 2 green onions, chopped (white and green parts separated)
- Salt to taste
- Fresh cilantro, for garnish (optional)
- Lime wedges, for serving

Instructions:

1. Cook the rice noodles according to the package instructions until al dente. Drain and set aside.
2. In a large wok or skillet, heat the vegetable oil over medium-high heat.
3. Add the minced garlic, sliced ginger, and sliced red chilies to the wok. Stir-fry for a minute until fragrant.
4. Add the doubanjiang (spicy bean paste) to the wok and stir-fry for another minute.
5. Stir in the soy sauce, rice vinegar, and sugar. Mix well to combine.
6. Add the crab pieces to the wok and stir-fry for a few minutes until they start to turn red.
7. Pour in the chicken or seafood broth and bring it to a simmer. Cover the wok and cook for about 10-12 minutes, or until the crab is fully cooked and the flavours are infused.
8. Add the white parts of the chopped green onions to the wok and stir them into the sauce.
9. Season with salt to taste.
10. Place the cooked rice noodles in serving bowls.
11. Carefully transfer the spicy crab and sauce over the noodles, ensuring to distribute the crab pieces evenly.
12. Garnish with the green parts of the chopped green onions and fresh cilantro, if desired.

Oyster Omelette

Oyster Omelette, also known as Ô-á-chian in the Hokkien dialect, is a popular and flavourful dish that is often found in Taiwanese night markets and local eateries. This beloved street food combines fresh oysters with a fluffy omelette and a tangy, savoury sauce, creating a delightful fusion of textures and flavours. The origins of Oyster Omelette can be traced back to the culinary traditions of the Fujian province in China, from where many Taiwanese people trace their ancestry. Over time, Taiwanese chefs adapted the recipe and added their own unique twists, resulting in a distinctively Taiwanese interpretation of the dish. Oyster Omelette is often enjoyed as a street food snack or a popular dish in night markets. The contrast of textures, the briny flavour of the oysters, and the tangy sauce create a harmonious combination that delights the taste buds and leaves a lasting impression.

Ingredients:

- 8-10 fresh oysters
- 4 large eggs
- 1/4 cup tapioca starch or cornstarch
- 1/4 cup water
- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1/4 cup chopped scallions (green onions)
- 1/4 cup chopped cilantro (optional)
- 1/4 cup sweet chili sauce or soy sauce, for serving

Instructions:

1. In a small bowl, whisk together the eggs and tapioca starch (or corn-starch) until well combined. Add water and continue whisking until the mixture is smooth.
2. Heat vegetable oil in a large non-stick pan or skillet over medium heat.
3. Add minced garlic to the hot oil and sauté until fragrant, about 1-2 minutes.
4. Pour the egg mixture into the pan and spread it out evenly to form a thin omelette.
5. Allow the omelette to cook for a couple of minutes until it starts to set.
6. Place the fresh oysters on top of the omelette, distributing them evenly.
7. Sprinkle chopped scallions and cilantro (if using) over the oysters.
8. Gently fold the omelette in half, covering the oysters and creating a half-moon shape.
9. Press down lightly with a spatula to cook the omelette through, for about 2-3 minutes.
10. Flip the omelette over and cook for an additional 2-3 minutes until both sides are golden brown and cooked through.
11. Transfer the Taiwanese Oyster Omelette to a serving plate and cut it into wedges.

Fried Chicken Fillet

Fried Chicken Fillet, also known as Ji Pai in Mandarin, is a beloved and ubiquitous street food in Taiwan. This crispy and flavourful dish features tender chicken fillets that are marinated, coated in a seasoned batter, and deep-fried to golden perfection. Taiwanese Fried Chicken Fillet has gained worldwide popularity for its irresistible combination of crispy texture, juicy meat, and bold flavours. Fried Chicken Fillet is often served on a skewer or in a paper cone, making it a convenient and portable snack. It can be enjoyed as is or with various condiments and sauces.
Common accompaniments include garlic powder, chili powder, salt and pepper, or even a drizzle of sweet and savoury sauce. This delectable street food has become an integral part of Taiwan's food culture and is widely available in night markets, food stalls, and even dedicated fried chicken shops throughout the country. Its popularity has spread globally, with Taiwanese-style fried chicken gaining popularity in many other parts of Asia and beyond.

Ingredients:

- 4 boneless, skinless chicken breasts, pounded to an even thickness
- 1 cup all-purpose flour
- 1/4 cup corn-starch
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper
- 2 eggs, beaten
- Vegetable oil, for frying
- Sweet chili sauce or your preferred dipping sauce, for serving

Instructions:

1. In a shallow bowl, combine the all-purpose flour, corn-starch, salt, garlic powder, paprika, and black pepper. Mix well to create the coating mixture.
2. Dip each chicken breast into the beaten eggs, ensuring it is fully coated.
3. Dredge the chicken in the coating mixture, pressing gently to adhere the mixture to the chicken evenly. Shake off any excess coating.
4. Heat vegetable oil in a deep-frying pan or pot over medium-high heat. Make sure there is enough oil to fully submerge the chicken.
5. Carefully add the coated chicken to the hot oil and fry until golden brown and cooked through, usually around 4-5 minutes per side. Flip the chicken halfway through cooking to ensure even browning.
6. Once the chicken is crispy and cooked, use a slotted spoon or tongs to remove it from the oil and transfer it to a plate lined with paper towels to drain excess oil.
7. Repeat the frying process with the remaining chicken breasts.
8. Allow the Taiwanese Fried Chicken Fillets to cool slightly before serving.

Milkfish Porridge

Milkfish Porridge, also known as Shīyú Zhōu in Mandarin, is a comforting and nourishing dish that holds a special place in Taiwanese cuisine. This porridge, made with milkfish and rice, is a popular choice for breakfast or as a soothing meal to enjoy on a chilly day. Milkfish, a staple fish in Taiwanese cuisine, is the star ingredient of this dish. Known for its delicate flavour and tender flesh, milkfish is often used in a variety of Taiwanese dishes. In Taiwanese Milkfish Porridge, the fish is typically simmered with rice to create a flavourful and creamy porridge. Milkfish Porridge is a beloved dish in Taiwan and is commonly found in breakfast shops, night markets, and local eateries. It is cherished for its simplicity, nourishing qualities, and the sense of comfort it brings to those who enjoy it.

Ingredients:

- 1 cup rice
- 4 cups water or chicken broth
- 1 milkfish (about 1 pound), cleaned and cut into small pieces
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1-inch piece of ginger, sliced
- 2 green onions, chopped
- Salt and pepper to taste
- Soy sauce, for serving (optional)
- Crispy fried shallots, for garnish (optional)

Instructions:

1. Rinse the rice thoroughly under cold water until the water runs clear. Drain and set aside.
2. In a large pot, bring the water or chicken broth to a boil over high heat.
3. Add the rinsed rice to the boiling water and stir well. Reduce the heat to low, cover the pot, and let it simmer for about 20 minutes, or until the rice is soft and fully cooked, stirring occasionally to prevent sticking.
4. In a separate pan, heat vegetable oil over medium heat. Add minced garlic, ginger slices, and chopped green onions, and sauté until fragrant.
5. Add the milkfish pieces to the pan and cook until they are opaque and fully cooked, usually about 5-7 minutes. Season with salt and pepper to taste.
6. Once the rice is fully cooked and has reached a porridge-like consistency, add the cooked milkfish and its accompanying aromatics to the pot. Stir gently to combine.
7. Continue simmering the Taiwanese Milkfish Porridge for another 5 minutes to allow the flavours to meld together.
8. Taste and adjust the seasoning if needed.
9. Ladle the porridge into individual bowls and serve hot.
10. Optionally, serve with soy sauce for additional flavour and garnish with crispy fried shallots.

Pineapple Shrimp Fried Rice

Pineapple Shrimp Fried Rice is a flavourful and vibrant dish that showcases the fusion of sweet and savoury flavours in Taiwanese cuisine. This popular stir-fried rice dish combines succulent shrimp, fragrant rice, and chunks of juicy pineapple, creating a delightful blend of textures and tastes. The dish is believed to have originated in Taiwan, drawing inspiration from traditional Chinese fried rice and incorporating the tropical fruit that is abundant in the region. Pineapple Shrimp Fried Rice is often served as a main course in restaurants or as a popular street food option. It is a colourful and visually appealing dish, showcasing the creativity and culinary flair of Taiwanese cuisine. The harmonious blend of sweet and savoury flavours, the freshness of the shrimp, and the tropical sweetness of the pineapple make Taiwanese Pineapple Shrimp Fried Rice a delightful and satisfying choice for those seeking a taste of Taiwan's culinary offerings.

Ingredients:

- 3 cups cooked rice, cooled (preferably day-old rice)
- 1 cup medium-sized shrimp, peeled and deveined
- 1 cup pineapple chunks, drained (fresh or canned)
- 1/2 cup frozen peas, thawed
- 1/2 cup diced carrots
- 3 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- 2 eggs, beaten
- Salt and pepper to taste
- Chopped scallions, for garnish (optional)

Instructions:

1. Heat vegetable oil in a large pan or wok over medium heat.
2. Add minced garlic and sauté until fragrant.
3. Add shrimp to the pan and cook until they turn pink and are cooked through, usually about 2-3 minutes. Remove the shrimp from the pan and set them aside.
4. In the same pan, add diced carrots and cook for 2 minutes until slightly tender.
5. Push the carrots to one side of the pan and pour the beaten eggs onto the other side. Scramble the eggs until they are fully cooked.
6. Add the cooked rice to the pan and stir-fry, breaking up any clumps, for a couple of minutes.
7. Add the pineapple chunks, thawed peas, and cooked shrimp to the pan. Stir well to combine.
8. In a small bowl, mix together soy sauce, oyster sauce, and sesame oil. Pour the sauce mixture over the fried rice and stir-fry for another 2-3 minutes until everything is well-coated and heated through.
9. Taste the fried rice and season with salt and pepper as desired.
10. Remove from heat and garnish with chopped scallions, if desired.

Three-Cup Chicken

Three-Cup Chicken, also known as San Bei Ji in Mandarin, is a beloved and iconic dish in Taiwanese cuisine. This flavourful and aromatic dish gets its name from the traditional method of cooking, which involves using equal parts of three key ingredients: soy sauce, sesame oil, and rice wine. The combination of these ingredients creates a rich and savoury sauce that coats the chicken and infuses it with a delicious blend of flavours. The origins of Three-Cup Chicken can be traced back to the Jiangxi province in China, but it has become an integral part of Taiwanese culinary culture. The dish showcases the use of fresh and simple ingredients, highlighting the balance of flavours and the skilful execution of traditional cooking techniques. Three-Cup Chicken is often served with steamed rice, allowing the sauce to be soaked up and enjoyed with each bite. The aromatic and robust flavours of the dish make it a satisfying and comforting choice for both home-cooked meals and restaurant dining.

Ingredients:

- 1.5 pounds bone-in chicken pieces (such as drumsticks or thighs), cut into bite-sized pieces
- 1/4 cup sesame oil
- 1/4 cup soy sauce
- 1/4 cup rice wine or dry sherry
- 2 tablespoons sugar
- 6 cloves garlic, minced
- 1-inch piece of ginger, sliced
- 10-12 fresh basil leaves
- 2-3 small dried chili peppers (optional)
- 1 tablespoon vegetable oil

Instructions:

1. In a bowl, combine the sesame oil, soy sauce, rice wine (or dry sherry), and sugar. Stir until the sugar has dissolved.
2. Heat vegetable oil in a large pan or wok over medium heat.
3. Add minced garlic, ginger slices, and dried chili peppers (if using), and sauté until fragrant.
4. Add the chicken pieces to the pan and cook until they start to brown on all sides.
5. Pour the sesame oil mixture over the chicken, making sure it is evenly coated. Stir well to combine.
6. Reduce the heat to low and let the chicken simmer in the sauce for about 15-20 minutes, or until the chicken is cooked through and the sauce has thickened. Stir occasionally to prevent sticking.
7. Add fresh basil leaves to the pan and stir them into the chicken and sauce. Cook for an additional 2-3 minutes until the basil leaves wilt.
8. Once the chicken is cooked and the sauce has thickened, remove it from the heat.

Beef Roll

Beef Roll, also known as Niu Rou Juan Bing in Mandarin, is a popular and satisfying street food that has become a staple of Taiwanese cuisine. This delicious and savoury dish features tender slices of beef, wrapped in a flaky scallion pancake and accompanied by flavourful condiments, creating a delightful combination of textures and flavours. The origins of Beef Roll can be traced back to the influence of northern Chinese cuisine, particularly Beijing-style Jianbing, which is a type of savoury pancake. Taiwanese chefs and street food vendors adapted the recipe and added their own twists, resulting in a unique and distinctly Taiwanese version. Beef Roll is commonly found in night markets, food stalls, and local eateries throughout Taiwan. Its popularity has spread beyond Taiwan's borders, with Taiwanese-style beef rolls becoming a sought-after street food in various countries. The combination of tender beef, crispy scallion pancake, and the contrasting flavours of the condiments create a delightful culinary experience.

Ingredients:

- 1 pound flank steak or beef sirloin, thinly sliced
- 4 scallion (green onion) stalks, cut into 4-inch lengths
- 4-6 pieces of Taiwanese-style flatbread or tortillas
- Hoisin sauce, for spreading
- Salt and pepper to taste
- Vegetable oil, for cooking

Instructions:

1. Season the thinly sliced beef with salt and pepper to taste.
2. Heat a skillet or frying pan over medium-high heat and add a drizzle of vegetable oil.
3. Cook the beef slices in batches until they are browned and cooked through, usually about 2-3 minutes per side. Remove them from the pan and set aside.
4. In the same pan, add the scallion lengths and cook them for about 1-2 minutes until they are slightly softened.
5. Spread a thin layer of hoisin sauce onto each flatbread or tortilla.
6. Place a few slices of cooked beef on top of the hoisin sauce, followed by a couple of scallion lengths.
7. Roll up the flatbread or tortilla tightly, tucking in the ends to secure the filling. Repeat this process for the remaining beef, scallions, and flatbreads/tortillas.
8. Heat a clean skillet or griddle over medium heat and lightly brush it with vegetable oil.
9. Place the rolled beef wraps onto the skillet and cook them for about 1-2 minutes on each side, until they are heated through and the outside is slightly crispy.
10. Remove the Taiwanese Beef Rolls from the heat and let them cool for a moment before slicing them in half diagonally.

Oyster Vermicelli

Oyster Vermicelli, also known as O-Ah Mee Sua in Hokkien dialect, is a popular and flavourful noodle dish that holds a special place in Taiwanese cuisine. This beloved street food combines vermicelli noodles, fresh oysters, and a savoury broth, creating a harmonious blend of textures and flavours. The dish originates from the coastal regions of Taiwan, where oysters are abundant and form a significant part of the local culinary tradition. Oyster Vermicelli showcases the freshness of the oysters and the delicate nature of the noodles, while the broth adds a depth of umami flavours. Oyster Vermicelli is often garnished with additional ingredients to enhance its taste and texture. Common toppings include chopped scallions, cilantro, fried shallots, and sometimes a dash of vinegar or chili oil for a touch of tanginess or spiciness. This delightful street food can be found in night markets, local eateries, and seafood restaurants across Taiwan.

Ingredients:

- 8 ounces vermicelli noodles
- 1/2 pound small oysters, shucked and drained
- 4 cups chicken or vegetable broth
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon sugar
- Chopped scallions, for garnish
- Fried shallots, for garnish (optional)
- Chili oil or sliced chili peppers, for serving (optional)

Instructions:

1. Cook the vermicelli noodles according to the package instructions. Drain and set aside.
2. Heat vegetable oil in a large pot or wok over medium heat.
3. Add minced garlic to the hot oil and sauté until fragrant, about 1-2 minutes.
4. Add the chicken or vegetable broth to the pot and bring it to a simmer.
5. Stir in soy sauce, oyster sauce, sesame oil, and sugar, and let the broth simmer for a couple of minutes to allow the flavours to meld together.
6. Add the drained oysters to the simmering broth and cook for about 2-3 minutes, until they are slightly cooked through and tender.
7. Divide the cooked vermicelli noodles among four serving bowls.
8. Ladle the oyster broth with the oysters over the noodles, making sure to distribute the oysters evenly.
9. Garnish the Taiwanese Oyster Vermicelli with chopped scallions and fried shallots (if using).

Minced Pork Rice

Minced Pork Rice, also known as Lu Rou Fan in Mandarin, is a classic and beloved dish that holds a special place in Taiwanese cuisine. This humble yet flavourful dish features tender minced pork cooked in a savoury sauce, served over a bed of steamed rice. Taiwanese Minced Pork Rice is a comforting and satisfying meal that is enjoyed by people of all ages. The dish is believed to have its roots in the Hakka culinary tradition, but it has become a staple across Taiwan. Minced Pork Rice is known for its simplicity, highlighting the quality of the ingredients and the balance of flavours. Minced Pork Rice is often garnished with fresh green onions or cilantro for a pop of freshness and a hint of herbaceous Ness. Some variations of the dish may include additional toppings, such as a braised egg, pickled vegetables, or fried shallots, which add depth and complexity to the overall flavour profile. Minced Pork Rice is widely available in local eateries, night markets, and even in Taiwanese-style restaurants worldwide. Its popularity stems from its comforting qualities, affordability, and the satisfaction it brings with each bite.

Ingredients:

- 1 pound ground pork
- 4 cups cooked jasmine rice
- 4 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon dark soy sauce (optional, for color)
- 1 tablespoon sugar
- 1/4 cup water or chicken broth
- 4 large eggs
- Sliced green onions, for garnish

Instructions:

1. Heat vegetable oil in a large pan or wok over medium heat.
2. Add minced garlic to the hot oil and sauté until fragrant, about 1-2 minutes.
3. Add the ground pork to the pan and cook, breaking it up with a spatula, until it is browned and cooked through.
4. In a small bowl, whisk together soy sauce, oyster sauce, dark soy sauce (if using), sugar, and water or chicken broth.
5. Pour the sauce mixture over the cooked ground pork and stir well to combine. Let it simmer for a few minutes to allow the flavours to meld together.
6. In a separate pan, cook the eggs sunny-side-up or according to your preference.
7. To serve, place a scoop of cooked jasmine rice in each individual bowl.
8. Top the rice with a generous amount of the seasoned minced pork.
9. Add a cooked egg on top of the minced pork.
10. Garnish with sliced green onions.

Stir-Fried Water Spinach

Stir-Fried Water Spinach, also known as Kangkung or Ong Choy, is a popular and delicious vegetable dish that is widely enjoyed in Taiwanese cuisine. This vibrant and flavourful stir-fry showcases the tender shoots of water spinach, also known as morning glory, which are stir-fried with garlic and other seasonings to create a delightful and nutritious dish. Water spinach is a leafy green vegetable with hollow stems and long, slender leaves. It is highly regarded for its crisp texture and mild, refreshing taste. In Taiwanese cuisine, water spinach is often chosen for stir-frying due to its ability to absorb flavours while maintaining its crunchy texture. Stir-Fried Water Spinach is a versatile dish that can be enjoyed as a side dish or as a vegetarian main course when paired with steamed rice. Its simplicity, vibrant colours, and refreshing taste make it a popular choice for those seeking a healthy and flavourful vegetable option. Whether served in local eateries, night markets, or Taiwanese restaurants worldwide, Stir-Fried Water Spinach exemplifies the balance of flavours and textures that Taiwanese cuisine is known for.

Ingredients:

- 1 pound water spinach (kangkong), washed and trimmed
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1/2 teaspoon sugar
- Salt and pepper to taste

Instructions:

1. Heat vegetable oil in a large pan or wok over medium heat.
2. Add minced garlic to the hot oil and sauté until fragrant, about 1-2 minutes.
3. Add the water spinach to the pan and stir-fry for 2-3 minutes, or until it starts to wilt.
4. In a small bowl, mix together soy sauce, oyster sauce, sugar, salt, and pepper.
5. Pour the sauce mixture over the water spinach and stir-fry for another 1-2 minutes, until the water spinach is fully cooked and well-coated in the sauce.
6. Taste and adjust the seasoning if needed.
7. Transfer the stir-fried water spinach to a serving dish.

Pineapple Grilled Chicken

Pineapple Grilled Chicken is a mouth-watering and tangy dish that highlights the unique fusion of sweet and savoury flavours in Taiwanese cuisine. This popular street food and barbecue favourite combines tender grilled chicken with a glaze made from pineapple juice, soy sauce, and other seasonings, resulting in a delectable and succulent dish. The dish takes inspiration from the tropical fruit abundance in Taiwan, where pineapples are widely grown and cherished. Pineapple Grilled Chicken showcases the versatility of pineapples in adding a sweet and refreshing twist to the savoury grilled chicken. Pineapple Grilled Chicken is often served with a side of steamed rice or as part of a larger barbecue spread. It is a popular street food option in night markets and is also enjoyed at home or in Taiwanese-style restaurants.

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup pineapple juice
- 1/4 cup soy sauce
- 2 tablespoons honey
- 2 tablespoons rice vinegar
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1/2 teaspoon Chinese five-spice powder (optional)
- Salt and pepper to taste
- Sliced green onions, for garnish

Instructions:

1. In a bowl, whisk together pineapple juice, soy sauce, honey, rice vinegar, minced garlic, grated ginger, Chinese five-spice powder (if using), salt, and pepper.
2. Place the chicken breasts in a shallow dish or resealable plastic bag.
3. Pour the marinade over the chicken, making sure it is evenly coated. Marinate in the refrigerator for at least 1 hour, or preferably overnight for more flavor.
4. Preheat the grill to medium-high heat.
5. Remove the chicken from the marinade and discard the marinade.
6. Grill the chicken breasts for about 6-8 minutes per side, or until they are cooked through and have nice grill marks. The cooking time may vary depending on the thickness of the chicken breasts.
7. Remove the chicken from the grill and let it rest for a few minutes before slicing.
8. Slice the grilled chicken breasts diagonally into thin strips.
9. Arrange the sliced chicken on a serving platter and garnish with sliced green onions.
10. Serve the Taiwanese Pineapple Grilled Chicken hot as a main dish, accompanied by steamed rice or your choice of side dishes.

Fish Ball Soup

Fish Ball Soup is a popular and comforting dish that highlights the fresh and delicate flavours of seafood in Taiwanese cuisine. This simple yet flavourful soup features bouncy fish balls, a clear broth, and an array of complementary ingredients that create a satisfying and nourishing meal. Fish Ball Soup is commonly enjoyed as a light meal or a comforting bowl of soup. It is often served piping hot, garnished with fresh herbs like cilantro or green onions for added freshness and aroma. Diners may also customize their soup by adding soy sauce, vinegar, chili oil, or other condiments to enhance the flavours according to their preferences. Fish Ball Soup is a staple in Taiwanese cuisine and can be found in street food stalls, night markets, and local eateries throughout Taiwan. Its simplicity, comforting flavours, and the freshness of the fish balls make it a popular choice for locals and visitors alike.

Ingredients:

- 1 pound fish balls (store-bought or homemade)
- 4 cups chicken or vegetable broth
- 2 cloves garlic, minced
- 1-inch piece of ginger, sliced
- 2 green onions, chopped
- 1 cup bok choy or Napa cabbage, chopped
- 1 carrot, sliced
- 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- Salt and pepper to taste
- Fresh cilantro, for garnish (optional)

Instructions:

1. In a large pot, bring the chicken or vegetable broth to a simmer over medium heat.
2. Add the minced garlic, sliced ginger, and chopped green onions to the pot. Let them simmer for a few minutes to infuse the broth with their flavours.
3. Add the fish balls to the broth and simmer for about 5-7 minutes, or until they are heated through.
4. Stir in the chopped bok choy or Napa cabbage and sliced carrot. Cook for an additional 2-3 minutes, or until the vegetables are tender.
5. Season the soup with soy sauce, fish sauce, salt, and pepper. Adjust the seasonings according to your taste preference.

Danzai Noodles

Danzai Noodles, also known as Tantan Noodles or Tantanmian, are a flavourful and spicy noodle dish that originated in Tainan, Taiwan. This popular street food dish features chewy wheat noodles served in a rich and spicy broth, topped with a variety of savoury ingredients, creating a harmonious combination of flavours and textures. Danzai Noodles trace their origins back to a traditional Taiwanese dish called Danzai Mian, which was created by a street food vendor named Mr. Lai back in the 19th century. The dish was inspired by the flavours of Sichuan cuisine, but it was adapted and evolved to suit the Taiwanese palate. Danzai Noodles are readily available in street food stalls, local eateries, and specialty noodle shops throughout Taiwan. The dish has gained popularity for its bold flavours, affordability, and the unique culinary experience it offers. Whether enjoyed as a quick lunch option or a late-night snack, Danzai Noodles capture the essence of Taiwanese street food culture, showcasing the fusion of regional flavours and the creativity that defines Taiwanese cuisine.

Ingredients:

- 8 ounces thin noodles (such as wheat noodles or rice noodles)
- 1/2 pound ground pork
- 4 cups chicken or vegetable broth
- 4 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sugar
- 1 teaspoon sesame oil
- 1/2 teaspoon chili oil (optional, for spiciness)
- Hard-boiled eggs, halved
- Fresh bean sprouts, for garnish
- Chopped scallions, for garnish

Instructions:

1. Cook the noodles according to the package instructions. Drain and set aside.
2. Heat vegetable oil in a large pot or wok over medium heat.
3. Add minced garlic to the hot oil and sauté until fragrant, about 1-2 minutes.
4. Add the ground pork to the pot and cook, breaking it up with a spatula, until it is browned and cooked through.
5. In a small bowl, whisk together soy sauce, oyster sauce, rice vinegar, sugar, sesame oil, and chili oil (if using).
6. Pour the sauce mixture into the pot with the cooked ground pork and stir well to combine.
7. Add the chicken or vegetable broth to the pot and bring it to a simmer. Let it simmer for a few minutes to allow the flavours to meld together.
8. Divide the cooked noodles among four serving bowls.
9. Ladle the hot broth with the ground pork over the noodles.
10. Garnish the Taiwanese Danzai Noodles with halved hard-boiled eggs, fresh bean sprouts, and chopped scallions.
11. Serve the Danzai Noodles hot, and mix everything together before eating to enjoy all the flavours.

Braised Sea Cucumber

Braised Sea Cucumber, known as "Hai Shen," is a luxurious and delicately flavoured dish that highlights the unique texture and taste of sea cucumber. This dish is a testament to the Taiwanese appreciation for exquisite and premium ingredients. Braised Sea Cucumber is often served as part of a celebratory meal or during special occasions due to its luxurious nature. It is commonly enjoyed alongside other dishes, such as stir-fried vegetables, steamed fish, or braised pork belly, creating a well-rounded and lavish dining experience. This dish showcases the intricate and precise cooking techniques in Taiwanese cuisine, as well as the appreciation for high-quality ingredients. Braised Sea Cucumber is a testament to the culinary expertise and refined tastes that are synonymous with Taiwanese cuisine.

Ingredients:

- 4 dried sea cucumbers
- 2 tablespoons vegetable oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 1-inch piece of ginger, sliced
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon rice wine or sherry
- 1 tablespoon sugar
- 2 cups chicken or vegetable broth
- 2 green onions, chopped (white and green parts separated)
- Salt and pepper to taste
- Fresh cilantro, for garnish (optional)
- Steamed rice, for serving

Instructions:

1. Soak the dried sea cucumbers in water overnight to rehydrate them. Rinse and drain well.
2. Heat the vegetable oil in a large pan or wok over medium heat.
3. Add the sliced onion, minced garlic, and sliced ginger to the pan. Sauté until fragrant and the onion is translucent.
4. Add the rehydrated sea cucumbers to the pan and stir-fry for a few minutes to coat them with the aromatics.
5. In a small bowl, mix together the soy sauce, oyster sauce, rice wine or sherry, and sugar.
6. Pour the sauce mixture over the sea cucumbers in the pan and stir to coat them evenly.
7. Add the chicken or vegetable broth to the pan and bring it to a simmer.
8. Reduce the heat to low, cover the pan, and let the sea cucumbers simmer for about 45-60 minutes, or until they are tender and have absorbed the flavours of the sauce.
9. Stir in the white parts of the chopped green onions and season with salt and pepper to taste.

Fried Pork Intestines

Fried Pork Intestines, also known as “Zhu Chang Fen,” are a popular and flavourful street food in Taiwan that exemplify the country’s love for bold and unique culinary creations. This dish features crispy and tender pork intestines that have been deep-fried to perfection, resulting in a delightful combination of textures and flavours. Fried Pork Intestines are often served on skewers or in small bowls, ready to be enjoyed as a snack. They are commonly accompanied by a dipping sauce, such as soy sauce or a tangy chili sauce, which adds an extra kick of flavour and complements the richness of the fried pork intestines. The combination of the crispy exterior and the succulent interior of the pork intestines creates a satisfying contrast of textures. The deep-frying process gives the dish a savoury and slightly salty flavour, with hints of umami from the marinade. Fried Pork Intestines are widely available in night markets, street food stalls, and local eateries across Taiwan.

Ingredients:

- 1 pound pork intestines, cleaned and cut into bite-sized pieces
- 2 tablespoons soy sauce
- 1 tablespoon rice wine or sherry
- 1 teaspoon five-spice powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ginger powder
- 1/4 teaspoon white pepper
- 1/2 cup all-purpose flour
- Vegetable oil, for frying
- Salt, to taste
- Fresh cilantro, for garnish (optional)
- Lime wedges, for serving

Instructions:

1. In a bowl, combine the soy sauce, rice wine or sherry, five-spice powder, garlic powder, ginger powder, and white pepper. Mix well to make the marinade.
2. Place the pork intestines in the marinade and toss to coat them evenly. Let them marinate for at least 30 minutes, or refrigerate overnight for a more intense flavour.
3. In a shallow dish, spread out the flour.
4. Heat vegetable oil in a deep-frying pan or pot to about 350°F (175°C).
5. Take each piece of marinated pork intestine and coat it with flour, shaking off any excess.
6. Carefully place the coated pork intestines in the hot oil and fry them until golden brown and crispy, about 3-4 minutes. Fry in batches to avoid overcrowding the pan.
7. Use a slotted spoon or tongs to remove the fried pork intestines from the oil and transfer them to a paper towel-lined plate to drain excess oil.
8. Season the fried pork intestines with salt while they are still hot.

Grilled Squid

Grilled Squid, also known as “Ika Yaki,” is a beloved and flavourful street food that showcases the vibrant and diverse culinary scene of Taiwan. This popular snack features fresh squid that is marinated in a savoury sauce, grilled to perfection, and served with a variety of seasonings, creating a tantalizing blend of flavours and textures. Grilled squid holds a special place in Taiwanese street food culture, often found sizzling on charcoal grills in night markets and food stalls. The dish is a testament to the island’s proximity to the ocean and the abundance of seafood that influences its cuisine. Grilled Squid is often served on a skewer, making it easy to handle and enjoy while strolling through the bustling night markets.
It is commonly accompanied by a drizzle of soy sauce or a squeeze of lime for added tanginess. Some variations may include a sprinkle of chili powder, five-spice powder, or garlic powder to enhance the flavours even further.

Ingredients:

- 2 medium-sized squid
- 2 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 2 tablespoons honey
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 1 teaspoon five-spice powder
- 1/2 teaspoon chili flakes (optional, for spiciness)
- Salt and pepper to taste
- Lime wedges, for serving

Instructions:

1. Clean the squid by removing the head, tentacles, and innards. Rinse the squid thoroughly and pat dry with paper towels.
2. Score the squid by making diagonal cuts on the inside surface, being careful not to cut all the way through.
3. In a bowl, whisk together soy sauce, oyster sauce, honey, minced garlic, vegetable oil, five-spice powder, chili flakes (if using), salt, and pepper to make the marinade.
4. Place the cleaned squid in a shallow dish and pour the marinade over it. Make sure the squid is well-coated with the marinade. Let it marinate for at least 30 minutes, or up to 2 hours for more flavour.
5. Preheat a grill or grill pan over medium-high heat.
6. Place the marinated squid on the grill and cook for about 2-3 minutes per side, or until it is cooked through and has charred grill marks.
7. Remove the grilled squid from the heat and let it rest for a few minutes.
8. Cut the grilled squid into bite-sized pieces and serve hot.
9. Squeeze fresh lime juice over the grilled squid before eating for an extra burst of flavour.

Egg Crepe

Egg Crepe, also known as “Dan Bing,” is a popular and delicious street food that is commonly enjoyed as a breakfast or snack option in Taiwan. This savoury and satisfying dish feature a thin, pancake-like crepe made primarily from a mixture of eggs and flour, filled with a variety of flavourful ingredients, and often accompanied by a savoury sauce. Egg Crepe is a beloved street food option and can be found in breakfast shops, food stalls, and night markets across Taiwan.
Its versatility and deliciousness have made it a popular choice for locals seeking a quick and satisfying meal on the go. The combination of the fluffy egg crepe, the savoury fillings, and the flavourful sauce create a delightful culinary experience. Taiwanese Egg Crepe is not only a delicious breakfast or snack option but also a representation of the diverse and vibrant street food culture in Taiwan.

Ingredients:

- 4 large eggs
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon vegetable oil
- 2 green onions, finely chopped
- Salt and pepper to taste
- 4 thin slices of ham (optional)
- 4 tortillas or flatbreads

Instructions:

1. In a mixing bowl, beat the eggs until well combined.
2. Stir in the soy sauce, sesame oil, vegetable oil, chopped green onions, salt, and pepper. Mix until all the ingredients are evenly distributed.
3. Heat a non-stick pan or skillet over medium heat.
4. Pour a quarter of the egg mixture into the pan, tilting the pan to spread the mixture evenly and create a thin crepe.
5. Cook the egg crepe for about 2-3 minutes, or until the edges are set and the bottom is lightly browned. Flip the crepe and cook for another minute to cook the other side. Remove from the pan and set aside. Repeat the process with the remaining egg mixture to make four crepes.
6. Optional: Place a slice of ham on each crepe and roll it up.
7. Warm the tortillas or flatbreads in a separate pan or in the microwave.
8. Place each egg crepe (with or without ham) on a warmed tortilla or flatbread and roll it up tightly.

Herbal Pork Knuckles

Herbal Pork Knuckles, also known as “Kao Fu,” is a traditional and hearty dish that exemplifies the rich flavours and culinary traditions of Taiwan. This popular Taiwanese dish features tender and succulent pork knuckles slow-cooked in a fragrant herbal broth, resulting in a melt-in-your-mouth texture and a depth of flavours. Taiwanese Herbal Pork Knuckles are often prepared using a combination of aromatic herbs and spices, including Chinese angelica root (dang gui), ginger, star anise, cloves, and cinnamon. These herbs infuse the meat with their distinctive flavours and create a robust and comforting broth. Herbal Pork Knuckles can be found in specialty restaurants and local eateries throughout Taiwan, especially those that specialize in traditional Taiwanese cuisine. It is a dish that is often enjoyed during festive occasions and family gatherings, as it symbolizes abundance and good fortune.

Ingredients:

- 2 pounds pork knuckles (or pork hocks)
- 4 cups water
- 2 tablespoons vegetable oil
- 4 cloves garlic, minced
- 2-inch piece ginger, sliced
- 2 green onions, cut into 2-inch sections
- 1 cup Chinese rice wine (Shaoxing wine)
- 1/4 cup soy sauce
- 1/4 cup dark soy sauce (for colour)
- 2 tablespoons rock sugar or brown sugar
- 1 cinnamon stick
- 2 star anise
- 3 dried red chilies (optional, for spiciness)
- 1 tablespoon dried tangerine peel (optional)
- 1 tablespoon dried goji berries (optional)
- Salt, to taste
- Chopped cilantro, for garnish (optional)

Instructions:

1. In a large pot, bring water to a boil. Add the pork knuckles and blanch them for about 5 minutes to remove any impurities. Drain and set aside.
2. Heat vegetable oil in the same pot over medium heat. Add minced garlic, ginger slices, and green onion sections. Sauté until fragrant and lightly browned.
3. Return the blanched pork knuckles to the pot and pour in the Chinese rice wine, soy sauce, and dark soy sauce. Stir to coat the pork knuckles with the sauce.
4. Add rock sugar or brown sugar, cinnamon stick, star anise, dried red chilies (if using), dried tangerine peel (if using), and dried goji berries (if using). Stir well to combine.
5. Pour enough water into the pot to cover the pork knuckles. Bring the mixture to a boil.
6. Reduce the heat to low, cover the pot, and simmer for about 2 hours, or until the pork knuckles are tender and the flavours have infused.
7. Taste the broth and season with salt if needed.
8. Remove the pork knuckles from the pot and place them on a cutting board. Cut the meat into bite-sized pieces.
9. Return the pork pieces to the pot and simmer for an additional 15-20 minutes to allow the flavours to further penetrate the meat.
10. Serve the Taiwanese Herbal Pork Knuckles hot, garnished with chopped cilantro if desired. The dish is often enjoyed with steamed rice.

Meatball Curry

Meatball Curry is a flavourful and comforting dish that combines the aromatic spices of Indian curry with the culinary influences of Taiwan. This fusion dish features tender meatballs cooked in a rich and savoury curry sauce, creating a harmonious blend of flavours and textures. Meatball Curry is often served with steamed rice or alongside other traditional Taiwanese accompaniments such as pickled vegetables or crispy fried shallots. The combination of the fragrant curry sauce and the juicy meatballs makes for a satisfying and hearty meal. This fusion dish showcases the multicultural influences in Taiwan's culinary scene, blending the spices and flavours of Indian curry with Taiwanese cooking techniques and ingredients. Taiwanese Meatball Curry exemplifies the diversity and creativity of Taiwanese cuisine, offering a unique and delightful culinary experience.

Ingredients:

For the meatballs:

- 1 pound ground pork or beef
- 1/2 cup breadcrumbs
- 1/4 cup milk
- 1 egg
- 2 green onions, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1 tablespoon soy sauce
- Salt and pepper to taste
- Vegetable oil, for frying

For the curry sauce:

- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons curry powder
- 1 can (13.5 oz) coconut milk
- 1 cup chicken or vegetable broth
- 2 potatoes, peeled and cubed
- Salt and pepper to taste

Instructions:

1. In a mixing bowl, combine the ground pork or beef, breadcrumbs, milk, egg, green onions, minced garlic, grated ginger, soy sauce, salt, and pepper. Mix well until all the ingredients are thoroughly combined.
2. Shape the meat mixture into small meatballs, about 1 inch in diameter.
3. Heat vegetable oil in a pan over medium heat. Fry the meatballs in batches until they are browned on all sides and cooked through. Remove the cooked meatballs from the pan and set aside.
4. In the same pan, heat 2 tablespoons of vegetable oil over medium heat.
5. Add the chopped onion and minced garlic to the pan and sauté until softened and fragrant.
6. Stir in the curry powder and cook for about a minute to release its flavours.
7. Pour in the coconut milk and chicken or vegetable broth. Stir well to combine.
8. Add the cubed potatoes to the curry sauce. Bring the mixture to a boil, then reduce the heat to a simmer. Cover and cook for about 10 minutes, or until the potatoes are tender.
9. Return the cooked meatballs to the pan with the curry sauce. Simmer for an additional 5 minutes to allow the flavours to meld together. Season with salt and pepper to taste.

Grilled Corn on the Cob

Grilled Corn on the Cob, also known as “Yaki Corn” or “Maize Grilled,” is a delicious and popular street food that highlights the natural sweetness and smoky flavours of corn. This simple yet delightful snack is enjoyed by locals and visitors alike, offering a satisfying combination of taste, texture, and aroma. Grilled Corn on the Cob is often found in night markets, where vendors set up grills and roast fresh corn ears to perfection. The grilling process imparts a smoky char and caramelization to the corn kernels, enhancing their natural sweetness and adding a delightful depth of flavour. Grilled Corn on the Cob is often served hot, straight from the grill. It can be enjoyed as is, with the juicy kernels bursting with flavour, or optionally brushed with additional seasonings or sauces such as chili powder, garlic butter, or lime juice for an extra kick. This beloved street food is a favourite among Taiwanese locals and visitors who appreciate the simplicity and deliciousness of this classic snack.

Ingredients:

- 4 ears of corn
- 2 tablespoons butter, melted
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon five-spice powder
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- Chopped cilantro or green onions, for garnish (optional)
- Lime wedges, for serving

Instructions:

1. Preheat the grill to medium-high heat.
2. Peel back the husks of the corn, but leave them attached at the base. Remove the silk threads from the corn.
3. In a small bowl, whisk together the melted butter, soy sauce, honey, five-spice powder, garlic powder, salt, and pepper to make the marinade.
4. Brush the marinade generously over each ear of corn, making sure to coat all sides.
5. Fold the husks back over the corn, covering it completely.
6. Place the corn on the preheated grill and cook for about 10-12 minutes, turning occasionally, until the corn is tender and slightly charred.
7. Remove the corn from the grill and carefully peel back the husks.
8. Optional: Brush the grilled corn with some additional melted butter and sprinkle with chopped cilantro or green onions for added flavour and garnish.

Sesame Oil Chicken

Sesame Oil Chicken, also known as "Ma You Ji," is a flavourful and aromatic dish that is beloved in Taiwanese cuisine. This hearty and comforting dish features tender chicken pieces braised in a rich and fragrant sauce, highlighting the distinct taste of sesame oil. Sesame Oil Chicken is often garnished with green onions or cilantro for freshness and served with steamed rice, allowing the fragrant sauce to be soaked up by the grains. Sesame Oil Chicken is a popular home-cooked dish in Taiwan and can also be found in local restaurants and eateries. It's comforting flavours and the depth of sesame oil make it a comforting and satisfying meal, especially during colder months. With its aromatic sesame oil, tender chicken, and savoury sauce, Sesame Oil Chicken is a delightful representation of Taiwanese cuisine's emphasis on bold flavours and comfort food. It offers a memorable dining experience for those seeking a taste of authentic Taiwanese cooking.

Ingredients:

- 1.5 pounds bone-in chicken pieces (such as drumsticks or thighs)
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon rice wine or sherry
- 2 teaspoons sugar
- 2 cloves garlic, minced
- 1-inch piece of ginger, sliced
- 2 green onions, chopped (white and green parts separated)
- 1 cup chicken broth
- Salt and pepper to taste
- Fresh cilantro, for garnish (optional)
- Cooked rice, for serving

Instructions:

1. In a bowl, combine the sesame oil, soy sauce, oyster sauce, rice wine or sherry, sugar, minced garlic, sliced ginger, and the white parts of the chopped green onions. Mix well to make the marinade.
2. Place the chicken pieces in the marinade and toss to coat them evenly. Let them marinate for at least 30 minutes, or refrigerate for a few hours for a more intense flavor.
3. Heat a large skillet or wok over medium-high heat.
4. Remove the chicken pieces from the marinade, reserving the marinade for later use.
5. Place the chicken pieces in the hot skillet and sear them on all sides until they are browned, about 3-4 minutes per side.
6. Add the reserved marinade to the skillet along with the chicken broth. Stir to combine.
7. Reduce the heat to low, cover the skillet, and simmer for about 30-40 minutes, or until the chicken is cooked through and tender. Stir occasionally and adjust the heat as needed to maintain a gentle simmer.
8. Season the sesame oil chicken with salt and pepper to taste.

Salt and Pepper Squid

Salt and Pepper Squid, also known as “Yan Su Ji” or “Calamari Salt and Pepper,” is a popular and delicious seafood dish that showcases the bold and savoury flavours of Taiwanese cuisine. This crispy and flavourful snack features tender squid pieces coated in a light batter, seasoned with salt, pepper, and other aromatic spices, and fried to perfection. cuisine is renowned for its diverse street food offerings, and Salt and Pepper Squid is a staple found in night markets and seafood stalls throughout the island. It is a beloved snack that combines the freshness of squid with a delightful crunch and a tantalizing mix of spices. This popular street food is enjoyed as a snack or appetizer, often served on a skewer or in a paper cone for easy consumption while strolling through night markets or enjoying outdoor gatherings. Its addictive flavours and satisfying crunch make it a favourite among seafood lovers and street food enthusiasts. Salt and Pepper Squid exemplify the vibrant and bold flavours of Taiwanese cuisine.

Ingredients:

- 1 pound squid tubes, cleaned and sliced into rings
- 1/2 cup all-purpose flour
- 1/4 cup corn-starch
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon Chinese five-spice powder
- Vegetable oil, for frying
- 2 cloves garlic, minced
- 2 green onions, thinly sliced
- 1 red chili pepper, thinly sliced (optional, for heat)
- Salt and pepper to taste
- Lime wedges, for serving

Instructions:

1. In a mixing bowl, combine the all-purpose flour, corn-starch, salt, black pepper, and Chinese five-spice powder.
2. Toss the squid rings in the flour mixture, coating them evenly.
3. In a deep pan or wok, heat vegetable oil to about 350°F (175°C).
4. Carefully drop the coated squid rings into the hot oil in small batches, making sure not to overcrowd the pan. Fry for about 2-3 minutes, or until they turn golden brown and crispy. Remove with a slotted spoon and drain on a paper towel-lined plate.
5. In a separate pan, heat a small amount of vegetable oil over medium heat. Add the minced garlic, sliced green onions, and red chili pepper (if using). Sauté for about a minute until fragrant.
6. Return the fried squid to the pan with the garlic, green onions, and chili pepper. Toss to combine and season with salt and pepper to taste. Cook for an additional minute to allow the flavours to meld together.
7. Serve the Taiwanese Salt and Pepper Squid hot, accompanied by lime wedges for squeezing over the squid.

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